

Family Services Windsor-Essex

Windsor - WALK-IN WELLNESS GROUP SESSIONS - SCHEDULE

(*Subject to Change)

| 2020 | *Monday 5:30 - 7:00 pm | *Wednesday 2:00 - 3:30 pm | *Thursday 10:00 - 11:30 am |
|--------------------|----------------------------|----------------------------|----------------------------|
| Feb 10 - Feb 14 | Communication & Boundaries | Communication & Boundaries | Depression & Anger |
| Feb 17 - Feb 21 | Holiday | Stress & Anxiety | Sense of Self |
| Feb 24-Feb 28 | Stress & Anxiety | Depression & Anger | Communication & Boundaries |
| March 2- March 6 | Depression & Anger | Sense of Self | Stress & Anxiety |
| March 9- March 13 | Sense of Self | Communication & Boundaries | Depression & Anger |
| March 16- March 20 | Communication & Boundaries | Stress & Anxiety | Sense of Self |
| March 23- March 27 | Stress & Anxiety | Depression & Anger | Communication & Boundaries |
| March 30- April 3 | Depression & Anger | Sense of Self | Stress & Anxiety |
| April 6-April 10 | Sense of Self | Communication & Boundaries | Depression & Anger |
| April 13- April 17 | Holiday | Stress & Anxiety | Sense of Self |
| April 20- April 24 | Communication & Boundaries | Depression & Anger | Communication & Boundaries |
| April 27 - May 1 | Stress & Anxiety | Sense of Self | Stress & Anxiety |
| May 4- May 8 | Depression & Anger | Communication & Boundaries | Depression & Anger |
| May 11 - May 15 | Sense of Self | Stress & Anxiety | Sense of Self |
| May 18- May 22 | Holiday | Depression & Anger | Communication & Boundaries |
| May 25- May 29 | Communication & Boundaries | Sense of Self | Stress & Anxiety |
| June 1 - June 5 | Stress & Anxiety | Communication & Boundaries | Depression & Anger |
| June 8 - June 12 | Depression & Anger | Stress & Anxiety | Sense of Self |
| June 15- June 19 | Sense of Self | Depression & Anger | Communication & Boundaries |
| June 22- June 26 | Communication & Boundaries | Sense of Self | Stress & Anxiety |
| June 29- July 3 | Stress & Anxiety | Holiday | Depression & Anger |
| July 6- July 10 | Depression & Anger | Communication & Boundaries | Sense of Self |
| July 13 - July 17 | Sense of Self | Stress & Anxiety | Communication & Boundaries |